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CLEAN BEDS

--for

a
clean
house

COPY



Reasons for Having Clean Well-Made Beds—

- You sleep better in a well-made bed.
- A well-made bed helps to make your room look nice.
- A bed made well once a week is easier to make each morning.

To Keep Your Beds Clean—

- Use clean sheets and pillow cases.
- A mattress cover will help keep your mattress clean.

Now and Then :

- Wash blankets, quilts, spreads, and pillows.
- Brush or vacuum the mattress.
- You may want to sun and air the mattresses.
- Dust bedsteads, springs, and slats. (Brush or vacuum box springs.)
- Turn the mattress over. Next time, turn it from end to end. This will make the bed more restful.

Collect Supplies

clean sheets
clean pillow cases

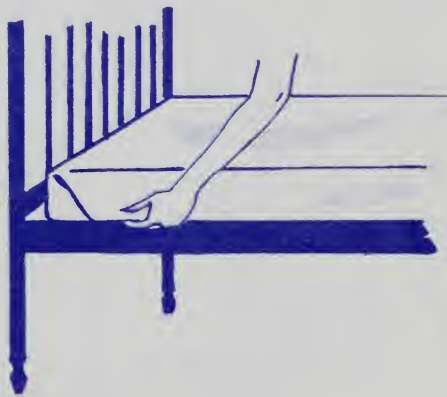
Get Ready For The Job

Stack pillows and clean bedding on a chair near the bed.



To Make The Bed

- Put a clean sheet on the bed.
- Tuck it under at the head and foot of the bed. Make square corners to keep it smooth and neat. Tuck the corners in like this:



- Put the top sheet on the bed. Leave enough of the top sheet at the head of the bed to fold back over the blankets. The sheet helps keep the blankets clean.



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- Spread the blankets over the sheets.
- Tuck top sheet and blankets under at the foot of the bed.
- Put the spread on the bed. Fold it back at the head of the bed.
- Put pillow cases on pillows.
- Put pillows on the top of the folded spread.
- Lift the spread over the pillows, tuck it in and straighten it.

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